

Maltitol: a polyol used as sugar substitute

Maltitol is a polyol, obtained from maltose, used as saccharose substitute. We can find it as Maltitol powder (E965i) or as Maltitol syrup (E965ii).

Properties

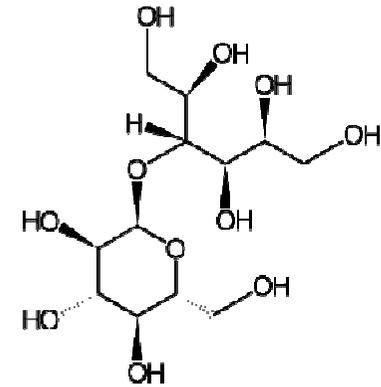
It has low hygroscopicity and good stability to high temperatures (it doesn't caramelize)

It has a 75-90% sweetener power of saccharose and unlike other sweeteners, Maltitol, doesn't affect product taste.

It is tolerated by diabetics and it's adequate for people who must avoid a fast increase of glucose levels in blood, because human enzymes digest maltitol much slower than they digest sugar.

It isn't metabolized by bacteria in the oral cavity, so it doesn't produce cavities.

Its energetic value is 2,1kcal/g (saccharose has 4kcal/g), so maltitol contains almost half the calories sugar has.



Maltitol: food applications

***In functional food:** it can be used as raw material to produce food for diabetic and obese patients.*

***In bakery and chocolate:** thanks to its good taste and its capacity to retain humidity and the non-crystallization of it, it can be used to produce pastries and chocolate.*

***In fruit juices:** it imparts viscosity and doesn't ferment, this is why it can be used instead of sugar in fruit based drinks (with pulp) or dairy drinks.*

***In frozen food:** It avoids formation of ice crystals on ice-creams which become finer and creamier and have a longer shelf life.*



GOOD CHOICE: MALTITOL HAS LESS CALORIES AND IT ISN'T DAMAGING FOR YOUR TEETH.

